

constitutes the training of athletes today. Only then would it be possible to appreciate what an athlete has to do. After this, the authors (and others) would be able to work with the athlete to achieve his goals instead of working against him, as when they refuse to work with if they do plyometrics.

It is already bad enough that the USOC is not interested in learning how the Soviets and East Germans train so that we can incorporate some of their methods to improve our athletes. However, it is even worse when the medical profession condemns certain practices in an athlete's training when they do not have sufficient background to do so.

Sincerely yours,

Michael Yessis, Ph.D.

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## Steroids: Beyond Elite Athletes and the Corner Gym\*

Steroid use seems to be spreading beyond the world of elite athletes and the corner gym. A National Institute of Drug Abuse survey of nearly 17,000 high school boys in 1989 showed that one in 20 had used steroids. Reasons given included "to build muscles or to improve appearance."

University of Michigan psychiatrist Kirk Brower feels there are three types of people using steroids now:

- Olympic-level athletes looking for an extra edge
- Those who hope to transform their bodies into works of art
- The fighting elite—gang members, policemen, and the like, who want to increase size and strength.

\* Reprinted from "Sports Shorts," American Specialty Underwriters. Original from *In Health* (May/June, 1990).

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